

# Colossal Cauliflower

## CAULIFLOWER FUN FACTS

- The name cauliflower means "cabbage flower".
- Cauliflower is a member of the cabbage family. The cabbage family also includes cabbage, broccoli, Brussels sprouts, kale and bok choy.
- The vegetables in the cabbage family are called cruciferous vegetables. Cruciferous vegetables contain important substances that may reduce your risk of some types of cancer.
- Almost all cauliflower grown in the United States comes from the Salinas Valley in California. The Salinas Valley has the perfect climate for growing vegetables.
- Cauliflower is available year-round, but is especially plentiful in the spring and fall.

### Nutrition Facts

Serving Size =  $\frac{1}{2}$  cup,  
raw chopped

Calories	13
Fat	0 g
Fiber	1 g
Vit. C	23 mg
Vit. A	5 IU
Folic Acid	29 $\mu$ g



## Quick and Easy Ways to Eat Cauliflower

### Cooked

- Steamed with your favorite seasoning
- Topped with melted cheddar cheese
- Add it to vegetable stir fry or your favorite pasta

### Raw

- Toss it with your favorite salad
- Dip it in low-fat salad dressing

Have you ever seen  
green cauliflower?  
Green cauliflower is a  
cross between  
cauliflower and  
broccoli. It looks like  
cauliflower but is the  
color of broccoli!